



## **Location**

Alpine Village Plaza

## **Date**

Saturday, January 29, 2011

## **Registration**

10:30am – 1:30pm

## **Event Time**

1:30 – 3:00pm - Youth/Schools

3:15pm – 4:30pm - Individuals and Team Challenges



# Can't Bear To PLUNGE?

Get Involved by...

- Donating generously to a Plunger
  - Becoming a Sponsor
- Cheering for your favorite Plunger
  - Volunteering on event day



## FREQUENTLY ASKED QUESTIONS

**What is a Polar Plunge?** It's a plunge into icy water to raise money to benefit two youth programs in our community (MYST-Mentoring Youth, Supporting Teens and the Positive Outdoor Teen Service (P.O.T.S.) Garden Project). This event is organized and promoted by Valley County Court Services, MYST, and P.O.T.S. Garden Project.

**How can you participate?** You can be a sponsor, a plunger, a volunteer, or donate to a plunger.

**Can anyone plunge?** Only those who raise at least \$100 earn the privilege of taking the plunge. Plungers must be 14 years of age or older. Anyone under 18 years must have a waiver signed by their parent or guardian.

**Where does the money go?** All funds raised stay in Valley County to support the MYST Mentoring Program and the P.O.T.S. Garden Project for our local youth.

**What if I don't raise the minimum plunge requirement of \$100?** If you are unable to reach your \$100 pledge goal by January 29<sup>th</sup>, you will need to bring what pledge money you do have on the event day and we will place you in a special category to help you meet the minimum plunge requirements...come prepared to jump.

**Polar Plunge Goals?** Our goal is to raise money for and create an awareness of two youth programs in our community. Second, to have a great time and lots of fun. Third, to applaud people brave enough to plunge into an icy pool of water during the winter.

**Isn't this risky?** We want only people in good health to participate as Plungers. No one with heart disease may plunge. We have personnel in the water at all times and medical personnel and ambulances are present. The actual plunge is a jump into icy water only to chest deep and quickly returning back to dry land. Swimming is optional. Absolutely no diving and no wet suits are allowed. There are warming facilities and/or hot tub available.

**Are Plungers crazy to do this?** It helps! But remember, our Plungers are doing this to benefit our local youth. If you're not into winter water sports, then give generously when a plunger asks for your pledge and donation; and be sure to show up and cheer them on.

**Can Plungers wear a wetsuit?** Gee, that question is asked a lot and the answer is *absolutely not*. It takes *real* men, women, and high school students (yes, we have great youth who raise money) to do this. The official Plunge uniform is only a swimsuit and water shoes (costumes optional but encouraged and must be appropriate).

## HOW TO BECOME A PLUNGER

It only takes one person to inspire others to get involved. Experience the Plunge with your coworkers, family and friends and Plunge as a team. Here's how:

### STEP 1: Register

Register yourself and plunge solo or recruit others to join your team. Pick up your Registration Packet at the McCall Area Chamber of Commerce, Courthouse Annex, Orbit Screen Printing, Hometown Pizza and Heartland Deli in McCall. High school students may pick up packets at the Counseling Office at McCall Donnelly High School. Packets may also be accessed at [www.mystmentoring.org](http://www.mystmentoring.org).

### STEP 2: Collect Pledges

Using your Pledge Form, solicit pledges from family, friends, neighbors and co-workers. Each plunger must raise a minimum of \$100 to plunge. Plungers must collect all pledges before the plunge and bring them to Plunge Registration/Check-in. (See *How to Raise \$100 in One Week and Frequently Asked Questions*)

### STEP 3: Read & Sign Waiver

Sign and bring Waiver Form to plunge site. Plungers must be 14 years old and up to plunge. Plungers under the age of 18 years old must have a parent/guardian read and sign waiver.

### STEP 4: Bring Waiver, pledge form and pledges to plunge site

You and/or your team need to bring the following to the Plunge Check-In at the Alpine Village on Plunge Day from 10:30am – 1:30pm.

- a. Registration Form
- b. Signed Waiver
- c. Your Donations/Pledges

You will also receive further instructions. Changing areas will be available for plungers to change into their “plunge attire”. Plunge attire must be **FAMILY FRIENDLY!**

**\*\*Remember, Registration forms and donations may be **dropped off early** to avoid long lines. **Drop-off Locations:** Suzann Crist (315-1239) at *Orbit Screen Printing* (415 Railroad Ave, McCall) or with Sylvia Ryan (634-5652 Ext 221) at the *McCall Courthouse Annex* (550 Deinhard Lane, McCall) during regular business hours.**

### STEP 5: HAVE FUN!!

While supporting our community youth!

## **PLUNGE TEAMS**

Create a plunge team with family, friends or co-workers.

- Assign a Team Captain
- All plungers on the team must pre-register. You will be able to assign each plunger to a team.
- Create a team name
- Design a crazy team costume – remember costumes cannot be heavy or bulky and must be appropriate.
- Challenge similar organizations to see who can raise more pledges or create a larger team.
- You can collect pledges as a team. The total amount raised will be divided among each plunger on the team. The team will need to collect the minimum amount for each plunger. For example, if the minimum is \$100 and you have 5 plungers on your team, you will need a minimum of \$500.
- The team captain can bring the pledge forms, pledges and a waiver for each team member to the plunge check in. The Team captain will then receive further instructions for their team.

## **CRAZY CHALLENGES**

- Recruit several coworkers to participate in the plunge. Set up donation buckets for each participant. Coworkers donate to the person they want to see take the plunge. The participant(s) with the most donations take the plunge.
- Challenge similar organizations to see who can raise more pledges. The team that raises the most money watches as the losing team takes the plunge. Winning team can also pick out the costume for the losing team.
- Plunge-your-boss! Employees raise funds to plunge their boss. If the boss is too chicken, they have to match the amount raised to avoid being plunged and can designate a plunge stand-in. (also works for principals, SRO's, 1<sup>st</sup> Sergeants...)
- Team-building! Have employees jump as a team – create crazy costumes and a crazy team name. Nothing builds a team like jumping into freezing water together in front of hundreds of spectators. (also works for students and groups)

# Polar Plunge

## First Timer Tips

### DO

- **DO** wear your plunge attire under your clothes – then you don't have to change into them at the plunge.
- **DO** choose your plunge attire knowing that you will be cold and your fingers will possibly be numb, so loose-fitting and easy off clothes are best.
- **DO** remember that you will be exiting the water quickly, so do not wear anything that may be heavy when wet. You may not be allowed to plunge.
- **DO** bring a robe, blanket, towels or jacket to wear while waiting to plunge. Volunteers will be on hand to hold items for you while you are plunging.
- **DO** wear tennis shoes or water shoes – the ground is freezing.
- **DO** bring loose fitting clothing and shoes to change into after the plunge.
- **DO** bring your pledge sheet and all pledges with you to the plunge. All money must be collected beforehand.
- **DO** have a parent or guardian sign the waiver if you are under 18.
- **DO** bring a plastic bag for wet clothes.
- **DO PLUNGE WITH FRIENDS** – it is more FUN! Especially if you create crazy plunge costumes (within reason).

### DON'T

- **DO NOT** plunge if you have any heart conditions or serious medical conditions. If unsure, consult with your doctor before taking the plunge.
- **ABSOLUTELY NO DIVING, CANNONBALLS OR SOMERSUALTS!!!** The water is shallow. This is a safety regulation that will be enforced.
- **DO NOT** wear a wet suit or dry suit – that would be cheating! Only the divers in the water may wear dry suits.
- **DO NOT** show up at the plunge right before the start time. You will need time to check-in and prepare for the plunge.
- **DO NOT** forget to SMILE – photographers are on hand to capture your moment of fame. Photos will be posted at [www.mystmentoring.org](http://www.mystmentoring.org).

## REGISTRATION FORM

**Registration Forms** may be dropped off **Early** to avoid long lines or submitted on the **Day of the Event**.

**Drop-off Locations:** Suzann Crist (315-1239) at *Orbit Screen Printing* (415 Railroad Ave, McCall) or with Sylvia Ryan (634-5652 Ext 221) at the *McCall Courthouse Annex* (550 Deinhard Lane, McCall) during regular business hours.

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**Event Name**

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**Participant's Name**

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**Business, School, Agency or Team Name**

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**Street /Mailing Address**

**City**

**State**

**Zip**

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**Work Phone**

**Home/Cell Phone**

**Email**

**I would like to purchase a Commemorative Visor Beanie (One size fits most)**

**Quantity** \_\_\_\_\_ **at \$12.00 each =** \_\_\_\_\_ **Color: Black**

*Please make checks payable to: MYST Mentoring Program*

**Thank You for Your Support!**





## HOW TO RAISE \$100 IN ONE WEEK

SUNDAY	Your personal contribution	\$10
MONDAY	Ask your significant other & best friend for \$10 each	\$30
TUESDAY	Ask a relative for \$10	\$40
WEDNESDAY	Ask two friends for \$10 each	\$60
THURSDAY	Ask two co-workers for \$10 each	\$80
FRIDAY	Ask two neighbors for \$10 each	\$100
SATURDAY	Celebrate your accomplishment!!	

**TOTAL = \$100**

*Remember to mention that all donations are tax deductible.*

*All proceeds benefit*



*And*



Office Use **ONLY**: Amt Rec \$



## **POLAR PLUNGE FUNDRAISING EVENT**

### **WAIVER AND RELEASE FORM**

Event Name: \_\_\_\_\_  
Name: \_\_\_\_\_ Organization: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

#### **Waiver and Release of Liability, Assumption of Risk and Indemnification Agreement**

In consideration of participation in the Winter Carnival Polar Plunge ("Event") to benefit the MYST Mentoring Program and the Positive Outdoor Teen Service (P.O.T.S.), I represent that I understand the nature of the Event and that I and/or my minor child am qualified, in good health, and in proper physical condition to participate in such Event. I acknowledge that if I and/or my minor child believe Event conditions are unsafe, I and/or my minor will immediately discontinue participation in the Event.

I fully understand that Event involves risk of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the Event, the conditions in which the Event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I and/or my minor child incur as a result of my and/or my minor child's participation in the Event.

I hereby release, discharge, and covenant not to sue the McCall Winter Carnival Polar Plunge Fundraiser for the MYST Mentoring Program, the P.O.T.S. Garden Project (Valley County Court Services), host city and their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releases: or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my and/or my minor child's behalf, makes a claim against any of the Releasees, I will indemnify,, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, AND PARENTAL CONSENT AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

\_\_\_\_\_  
Printed Name of Participant      Date

\_\_\_\_\_  
Signature of Participant  
OR Signature of Parent or Legal Guardian  
(If participant is under 18)